Symbifox

Your health, in one place.

Closed to the rest of the household.

Medications, check-ups, training, meals and mood in your Symbifox Personal instance, plus your children's records until they turn 14.

Odoo 18 module | Healthy Fox

symbifox.com | hello@symbifox.com

The reality

Where a family's health gets lost

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The prescription runs out on a Friday night

The renewal date was on the bottle, at the back of the cabinet. Nobody saw it coming, and the pharmacy is closed.

One app per habit

Runs in one, calories in another, mood in a third: each keeps a slice of you, on its own servers.

The child's records live with one parent

Last night's fever is in one parent's phone. The other gives the next dose without knowing.

At the doctor's, you answer from memory

Since when? Which dose? How has your mood been? The answers exist somewhere, just not in the exam room.

The solution

A health record you keep yourself

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1

Nothing gets renewed late

Prescriptions, check-ups and lab tests flag their due date, in your name, early enough to act.

2

Your day on one screen

Doses taken, steps, sleep, calories and anything overdue, logged in a minute.

3

Training and meals

Your workouts and food log, right next to your medications and readings.

4

A private mood journal

Ten seconds on your phone, a report for your doctor, correlations only if you want them.

5

Your children under 14

Kept by both parents, then handed over to the teen's own account at 14.

Your day at a glance

With sample data

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What matters today

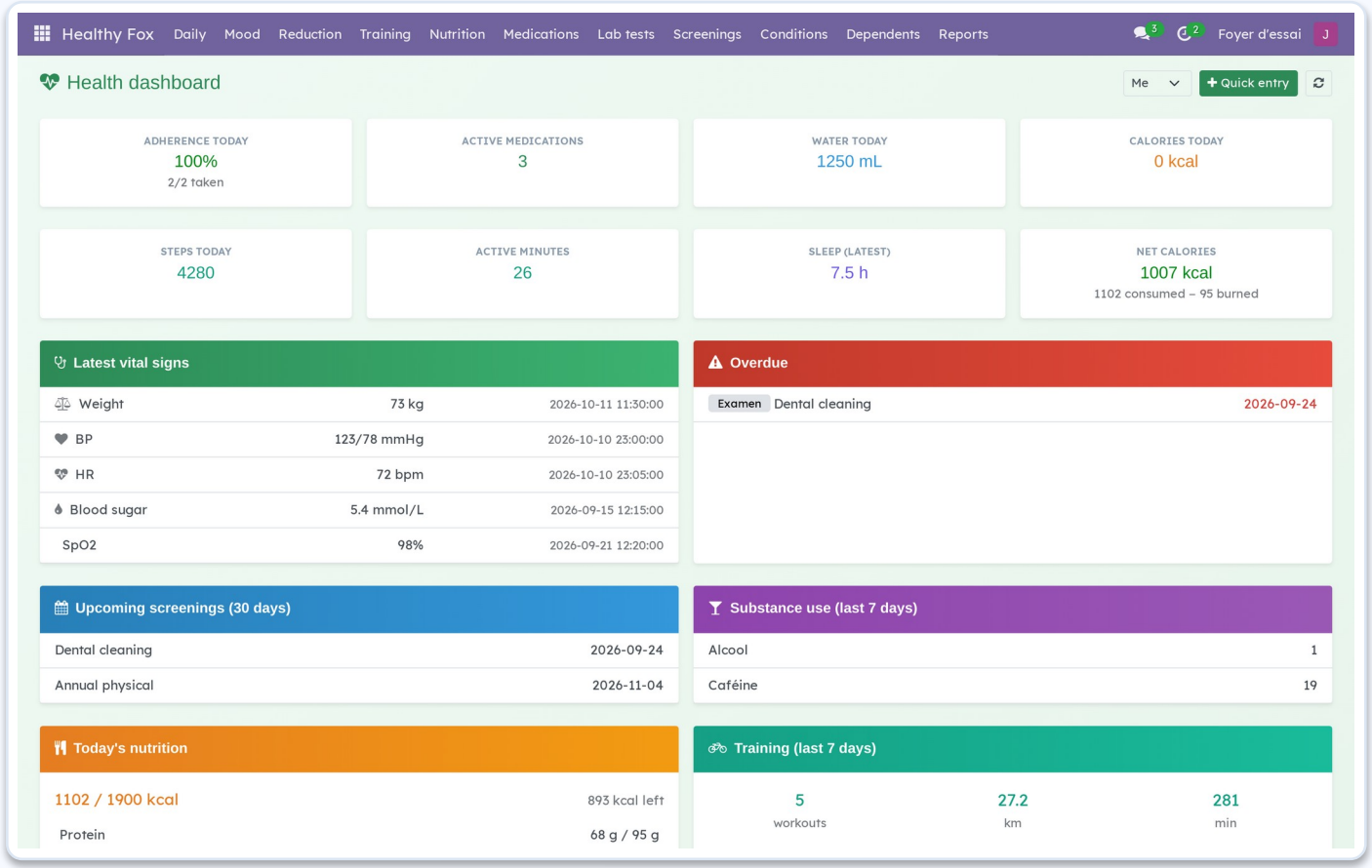
Doses taken, water, steps, active minutes, last night's sleep and net calories.

What's overdue

A missed check-up or a lapsed prescription shows up in red, without you digging for it.

Me or my child

A parent switches to their child's dashboard in one click. No one else in the household sees either.



One minute, one window

With sample data

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Today's doses, already listed

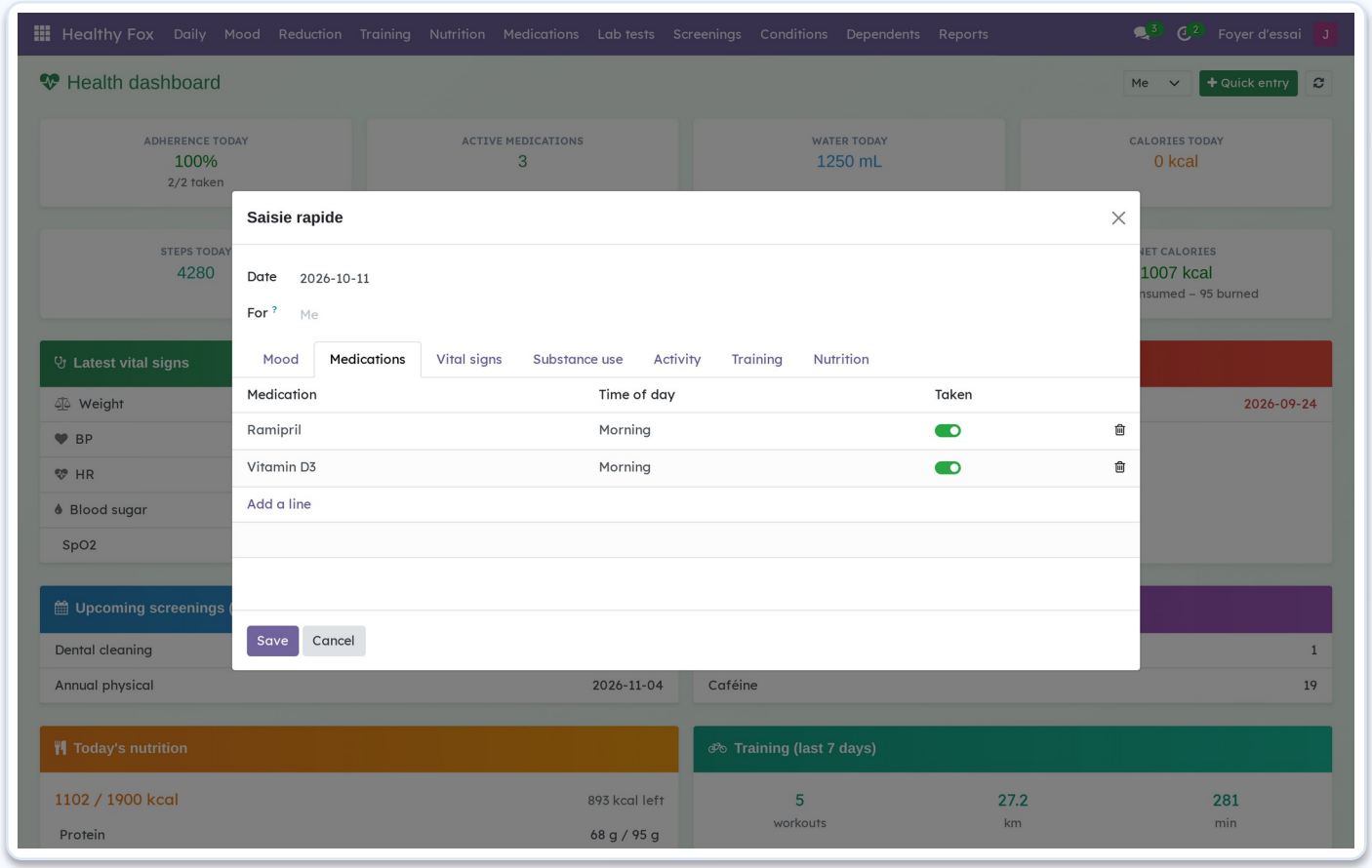
Your active medications come with their time of day. You tick what you took.

Everything else, same window

Mood, vital signs, substance use, steps and sleep, a workout and meals, saved together.

For you or for your child

Pick the child: only their medications show, and every entry is filed under their name.



No prescription catches you off guard

With sample data

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A reminder before it runs out

Two weeks before the renewal date, by default, a task in your name reminds you.

Check-ups on schedule

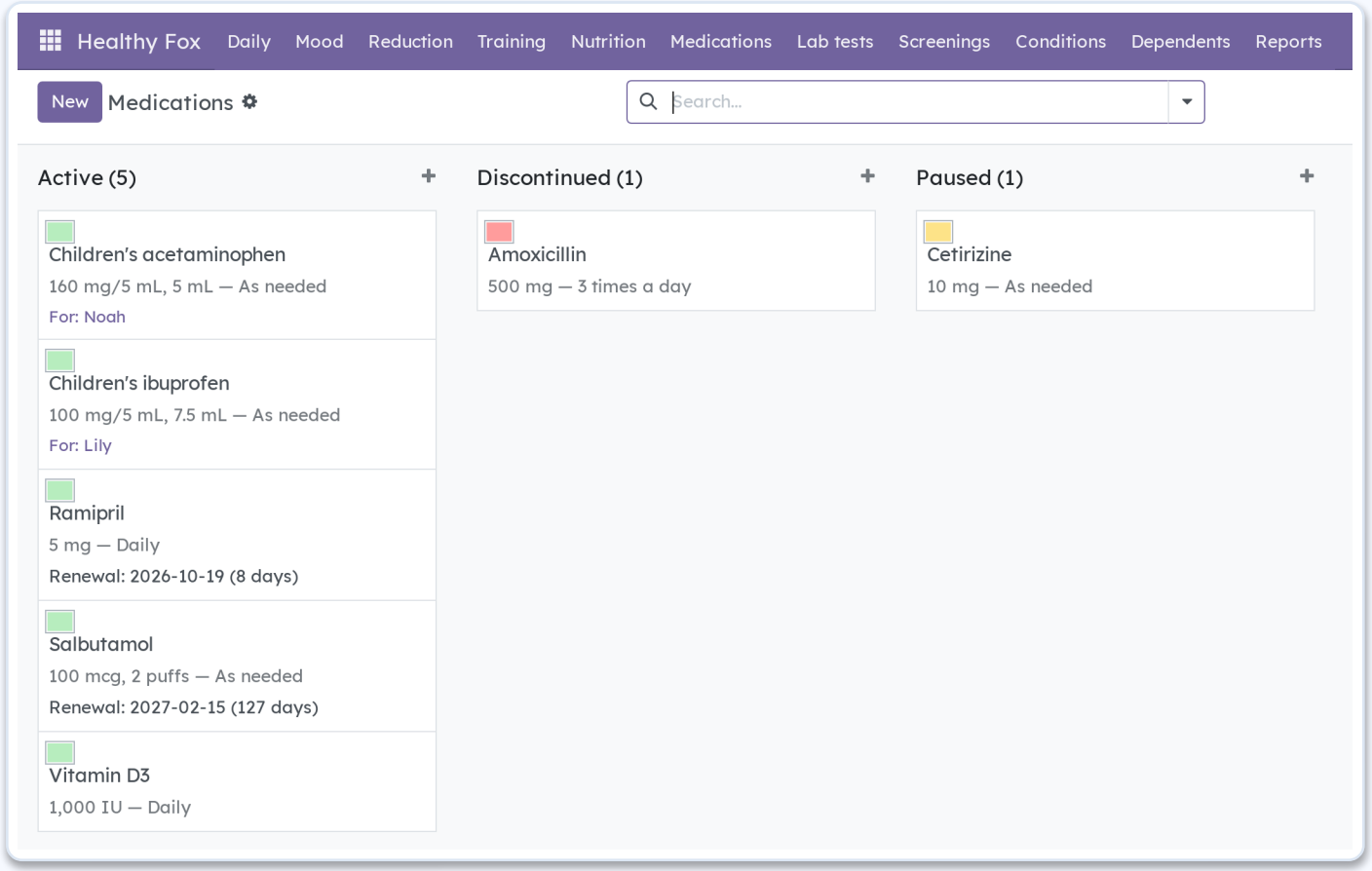
Dentist, eye exam, annual physical: the next date works itself out, then turns to “Due soon”.

Lab tests through to results

From requisition to results received, with the summary and the lab's PDF on the record.

A reminder that says little

The task names the medication or the exam. Dose, pharmacy and doctor stay on the record.



Your mood, in ten seconds

On your phone, with sample data

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Five faces, your activities

A level, what you did, a note if you like. The page installs on your phone and works offline.

A reminder at your hour

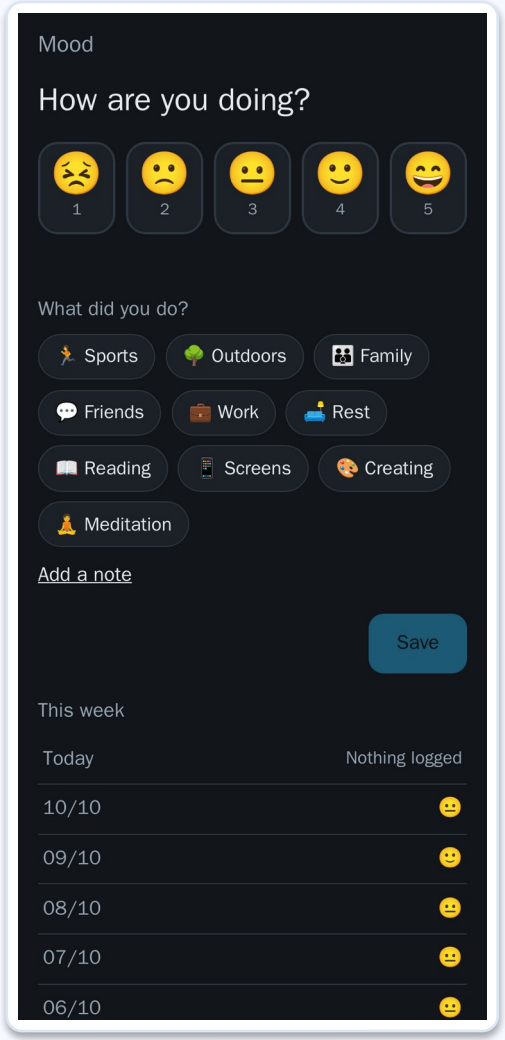
Once a day, in your time zone. No streak to keep, nothing piles up if you skip a day.

Correlations, if you want them

Off by default: under Quebec's Law 25, this is profiling. Sleep, doses, symptoms, activities.

A report for your doctor

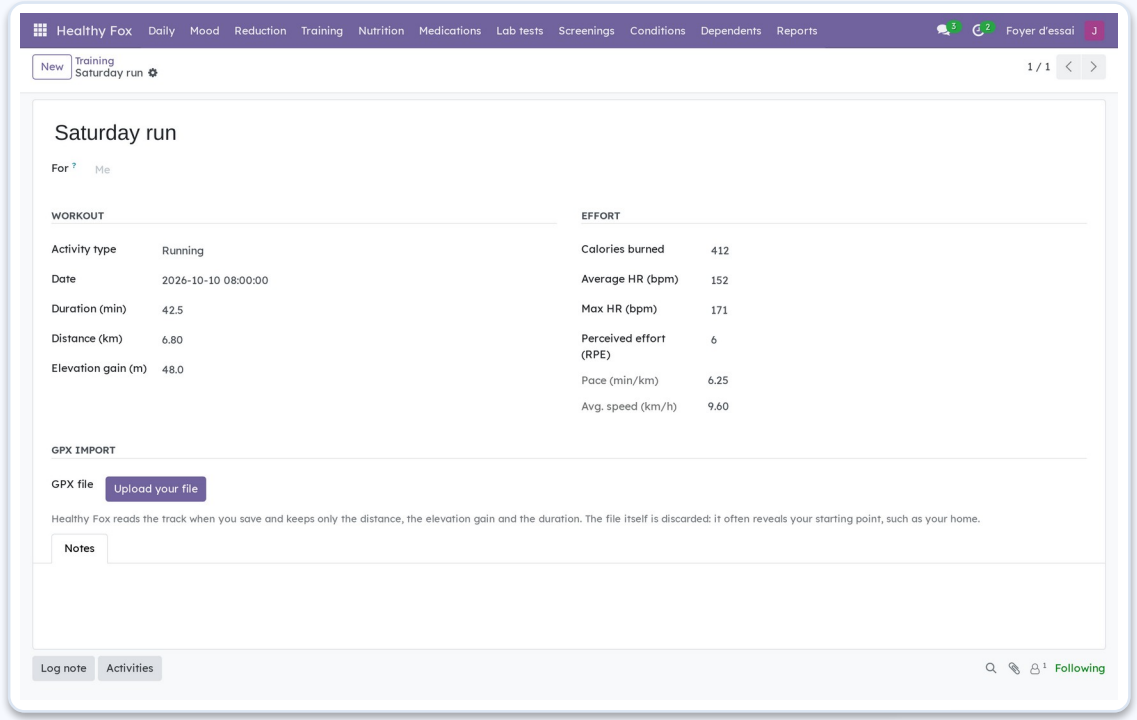
A PDF with your average, the curve and weekly figures, your notes only if you tick them.



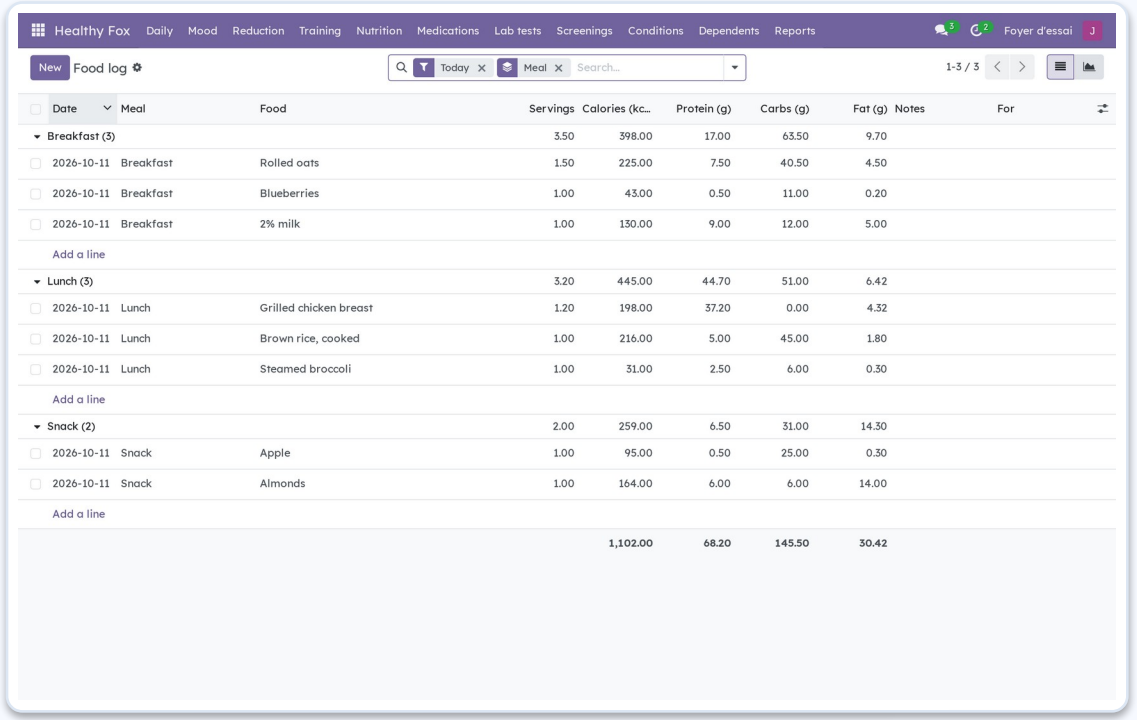
Training and meals, in the same place

What you already track, next to your health

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A workout: the GPX track is read, then discarded



Today's food log

Your children, until they turn 14

With sample data

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A first name, a month, a year

Never the day of birth: that is enough to know when your child turns 14.

Express consent, dated

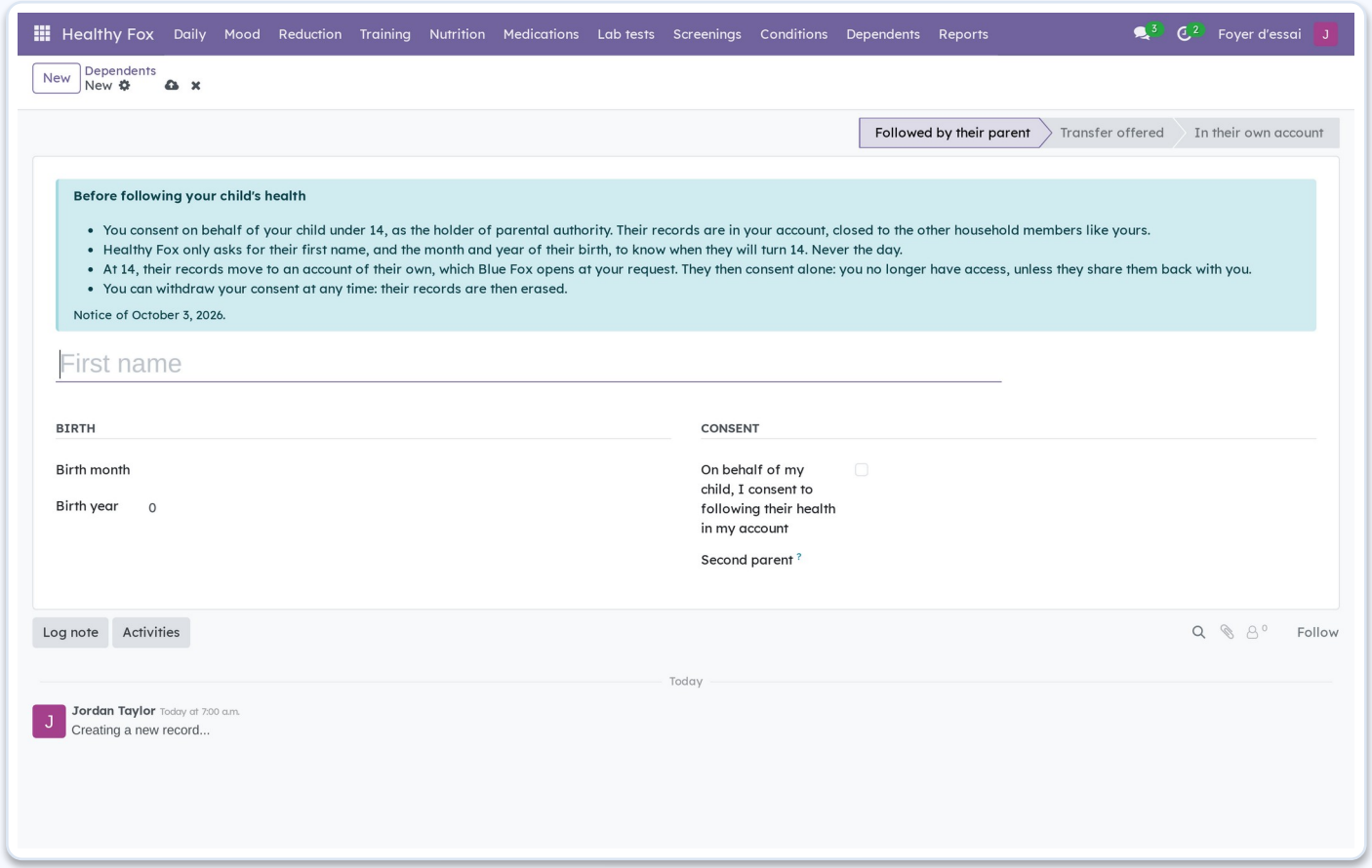
You tick the box after reading the notice. The date and the notice version stay on the record.

A named second parent

They read and add to the child's records. What they log joins yours, in the same place.

Closed to everyone else

Apart from both parents, no one in the household sees the child's records, or yours.



At 14, their records go to them

The teen consents alone, and chooses what to share

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An account of their own

On the first day of the month they turn 14, you get a reminder. Blue Fox opens their account at your request.

They accept, or ask for erasure

Their records move to their account, notes and attachments included. You no longer have access.

Sharing by category

They can share back whatever they choose, read-only, and take it back in one click.

Each parent separately

Each parent sees only what the teen shares with them. The mood journal is never shared.

What they can share back

- Medications and doses
- Vital signs
- Lab tests
- Conditions and symptoms
- Screenings
- Substance use and reduction
- Training
- Nutrition

No one else reads your records

One household instance, private records

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By role

You

You keep your own records, and those of your children under 14.

Second parent

Reads and adds to the child's records while you hold them. Nothing of yours.

Teen

Receives their records at 14 and alone decides what their parents see.

Built-in protections

Internal notes only

A message on a health record stays a note: no recipients, no notifications.

A hidden name

Wherever Odoo would show a record's name to someone else, it reads “Private health record”.

GPX track discarded

Distance, elevation gain and duration stay. The file, which often shows your home, is discarded.

Only the barcode leaves

Looking up a food sends only its barcode to Open Food Facts: nothing that names you.

In short

1. **Due dates come to you**
   Prescriptions, check-ups and lab tests flagged before the date
2. **One minute a day**
   One window for doses, readings, a workout and meals
3. **Mood tracking without pressure**
   On your phone, no streaks, correlations only if you want them
4. **Your children, kept by two**
   Until 14, then handed to the teen, who chooses what to share
5. **Your records stay yours**
   Closed to the rest of the household, in your own instance

Included in the Symbifox Personal plan

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Thank you!

Let's talk?



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